14-YEAR-OLD SPLASHES ASHORE

ANNALEISE CARR SAYS SHE'S THE YOUNGEST PERSON TO SWIM ACROSS LAKE ONTARIO PAGE 3

TORONTO metro®

Monday, August 20, 2012

News worth sharing.

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Breastfeeding dad's support nipped in bud

La Leche League.
Group turns down dad's leadership request because he identifies as a man, not a woman

Feeding baby transcends gender

"When people have babies, well, you got to feed the baby. Trans parents and trans fathers want the same opportunities to do that."

Mary Lynne Biener, a Toronto lactation consultant

Trevor MacDonald, a slim man with short silky, dark brown hair, a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city from his Winnipeg home, Trevor blissfully cradles the boy, contentment visible in his soft features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

Trevor, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgendered man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June Trevor wrote a letter to LLLC — an affiliate of the influential international mother-to-mother breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBTQ members and those who struggle, like he did, to breastfeed after chest reduction surgery.

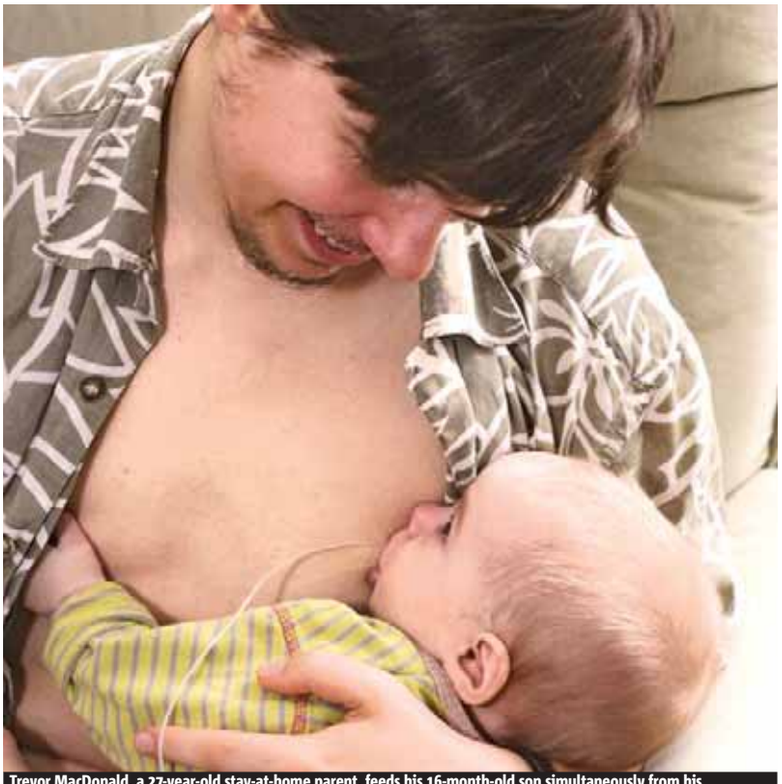
LLLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on Trevor's blog, milkjunkies.net.

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to a transgender man. For Trevor, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint.

"First and foremost I identify as a parent," Trevor said.

TORSTAR NEWS SERVICE



Trevor MacDonald, a 27-year-old stay-at-home parent, feeds his 16-month-old son simultaneously from his breast and a supplementary feeding tube. HANDOUT PHOTO

Pregnancy from rape 'really rare'

So congressman claims PAGE 4

Another creek, another find

Possible human remains found in Scarborough as investigation in Mississauga continues PAGE 4

Platinum Blonde boast

Frontman says band is back to inject rock-star swagger into the music biz PAGE 11

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ONPHA report.
Researchers sound alarm on affordable housing shortage

Researchers are warning of a "serious affordable housing shortage" as the number on housing wait lists continues to climb, according to a report released Monday by the Ontario Non-Profit Housing Association.

Households — single people, families and seniors — on waiting lists for affordable housing grew by 2.9 per cent to 156,358 in 2011.

Though this is less than in previous years — the number has decreased from 9.4 per cent in 2009 and 7.2 per cent in 2010 — researchers say the lingering effects of the recession and high rents in metropolitan areas almost guarantee a high demand for affordable housing.

"We're seeing some levels of recovery around the province, but for people who are living on low incomes they are still struggling," said Margaret McCutcheon, policy researcher at ONPHA and author of the report.

Single people and childless couples under 65 formed the largest demographic seeking housing for the first time, with 58,995 households on the wait list. TORSTAR NEWS SERVICE

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Zombies get blood off cars the best

From left, Sarah, Adi and Thea welcome patrons to the third annual Zombie Car Wash: Bloods 'n' Suds on Sunday at Lansdowne and College. The proceeds will support the 10th annual Toronto Zombie Walk on Oct. 20. The car wash attracted a number of curious zombie watchers during its six-hour run. For a photo gallery of the event visit metronews.ca. DAVE STARRETT/FOR METRO

Teen swims into history with Lake Ontario crossing

Finish line. 14-year-old is believed to be youngest swimmer to cross the lake and has far exceeded her fundraising goal

As Annaleise Carr touched the wall at Marilyn Bell Park shortly before 9 p.m. Sunday, she became the youngest girl ever to swim the 52-kilometre crossing from Niagara-on-the-Lake.

She made the crossing in just under 27 hours.

Carr embarked on the swim to raise money for Camp Trillium — a summer camp for children with cancer. She entered the water Saturday around 6:15 p.m.

Natalie Lambert, of Syndenham, Ont., was also 14 when she successfully crossed Lake Ontario from Sackets Harbour, N.Y., to Confederation Basin in Kingston in 2007.

Carr began with a goal of raising $30,000 for Camp Trillium but exceeded that last week. She then set a new goal of $50,000.

This goal was exceeded Sunday while she was swimming, buoyed by a single donation of $10,000. Cheers rang out from the fleet of boats, sending her a wave of inspiration. She has now raised more than $80,000.

Annaleise Carr is surrounded by supporters as she finishes a record-breaking overnight Lake Ontario swim. MICHELLE SIU/THE CANADIAN PRESS

The motivation was much needed — Saturday night brought high winds and swells of more than a metre. A passing ship stirred up cold water and errant sail boats skated through the flotilla.

But Carr persevered.

"She isn't showing any signs of distress," coach Lisa Anderson said Sunday, as a determined Carr carried on. Anderson watched Carr around the clock, performing alterations to her form and ensuring she ate and remained focused. TORSTAR NEWS SERVICE

On the web

- Donations to support Camp Trillium can be made through the website raiseathon.ca/arc/

Mobile news

Quebec politicians squared off Sunday for the first time ahead of the upcoming provincial election. Scan the code to find out about the night's highlights.

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Another gruesome discovery: More possible remains found

Scarborough. On Sunday a bag containing 'fleshy' material was found, the second such find in Toronto-area creek

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Scarborough creek where possible human remains were found by a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in Mississauga where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near Scarborough's Tam O'Shanter golf course, by a Torstar News Service journalist who was photographing search teams in the area.

Police were immediately notified.

The new find was about 100 metres south of the first find.

Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Police say they're waiting for the coroner to tell them what the bag contains.

TORSTAR NEWS SERVICE

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of a suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

Police investigate the area of West Highland Creek in Scarborough on Saturday after possible human remains were found.
RICK MADONIK/TORSTAR NEWS SERVICE

Remembering those who died at Dieppe, 70 years on

Dieppe veterans, from left, Fred Engelbretch, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHEL SPINGLER/THE ASSOCIATED PRESS

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater the rover has been checking instruments. THE ASSOCIATED PRESS

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people.

THE ASSOCIATED PRESS

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounding 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia.

THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assault

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. THE ASSOCIATED PRESS

Pups come out to play at Ottawa fetish contest

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup contest, held at the Centretown Pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play," is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition, but isn't a pup himself.

"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever puppies and the chaos those puppies would do to themselves as they play."

Pups generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes was the first in Ontario and perhaps the first in Canada. The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal wear section of the competition.

The runner-up was Karl Couture, who came out as a pup for the first time at Pride last year, helping launch Ottawa's pup community. He spoke about the courage it took to go out in public as a pup during the speech category of the competition.

"Everyone sees us differently, positive, negative, I don't care anymore," he said. "I'm proud to be here and can't wait to see what we'll accomplish."

He had to get over the fear of what would happen to him for coming out as a pup, but now he's glad he did, he said.

JESSICA SMITH/METRO IN OTTAWA

Puppies Johnny, Scout and Rolph compete in the first-ever National Capital Leather Pride Weekend Pup Contest. JESSICA SMITH/METRO IN OTTAWA

London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange urged President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex crimes allegations.

WikiLeaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin American nation took a stand for justice," in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

Russia

Anti-gay activists sue Madonna over concert content

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held, asking for damages totalling 333 million rubles, or about $10.2 million.

Madonna
GETTY IMAGES

The complaint includes a video taken at the concert showing Madonna stomping on an Orthodox cross and asking fans to raise their hands to show the pink armbands in support of gays and lesbians that were distributed among the audience, the news agency RIA Novosti reported.

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Read metro work every Monday and Wednesday for tips and trends in education and employment.
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Retail. Zellers workers fail to benefit from Target deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was $1.8 billion — $1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the legally mandated severance pay her employers were required to give.

Rankin will speak at a demonstration led by the United Food and Commercial Workers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

Target's overall revenue rose 3.5 per cent to $16.45 million in the quarter.

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE

Two girls sit on a lakeside dock near the collapsed Algo Centre Mall, in Elliot Lake, Ont., on Tuesday. The town is more than two hours from the nearest city, making it difficult for many residents to get to stores. COLIN PERKEL/THE CANADIAN PRESS

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

The town of about 13,500 people is still trying to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Quoted

"You can't buy underwear in Elliot Lake today."

A resident of Elliot Lake, on life after the collapse of the Algo Centre Mall

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ROB FORD: DISTRACTED DRIVER, DISTRACTED MAYOR

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

You know the story by now: Last week, on the way to a city hall press conference, Mayor Rob Ford was spotted reading some papers while behind the wheel on the Gardiner Expressway. A photo of His Worship was posted to Twitter where it, of course, spread like wildfire.

The mayor's escapade-in-an-Escalade grabbed massive amounts of attention and prompted a truly ridiculous debate about whether Ford should hire someone to drive him around, something the notoriously stingy politician has refused to do. At the height of the inanity, Doug Ford suggested that city politicians could somehow force the mayor to get and use a chauffeur. (Not sure how that would work — maybe they could hide his car keys.)

It's ridiculous that we're even talking about this.

Yes, the leader of Canada's sixth largest government should probably have a driver. That's a sensible use of public funds. But more to the point: should the people of Toronto really have to care about how Rob Ford gets himself from place to place?

The mayor is a functioning adult in charge of a $10-billion operating budget, and still we're concerned that he's incapable of driving himself around without doing dumb and dangerous things.

Ford's headline-grabbing driving last week served to almost completely bury any actual news coming out of city hall. The mayor's planned trade mission to Chicago was overshadowed, as was the continued saga of the city's nascent garbage privatization efforts. An emerging plan by budget chief Mike Del Grande to again freeze or cut spending across several city departments, including Toronto Police Services, was also bumped off the top of the news list.

These are the stories that the mayor should be a part of. He needs to show leadership and help shape the message if he ever wants to regain control of the political agenda.

This isn't a new phenomenon. Just as he seemingly can't keep his focus while behind the wheel, Ford has continuously let himself get distracted from the real business of running the city. If it's not his various mishaps while driving, it's 911 calls about comedians in his driveway or near-violent encounters with reporters in his backyard.

He's got a knack for attracting the wrong kind of attention — and it's not only his opponents who think so. Last week, it was reported that the mayor's new chief of staff Mark Towhey actually expressed concern about Ford's personal and professional conduct prior to accepting his new position.

Ford's problems go beyond his habits while behind the wheel. Driver or not, this mayor needs to learn to eliminate the distractions and keep his eyes on the road.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

This photo was snapped last Tuesday of Mayor Rob Ford allegedly reading while driving along the Gardiner Expressway. SUBMITTED

Seeds? Check. Grass? Check

GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view

"It was hard work — we used two boxes of plasters. But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

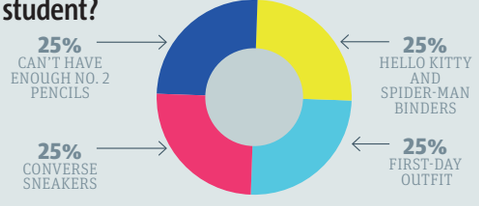
- **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.
- **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.
- **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.

17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?



Twitter

@deluca100:
@BlueJays This team is going nowwhere. Even without the injuries we would finish last in the AL East. Very over rated team.

@NabilDhirani:
Oh and by the way, the best part of Ramadan is the 1st of Shawwal #BitterRamadanTweets

@cdnfan75:
After a day of yummy but not-so-healthy CNE food, I need to detox a bit.

@BarbaraAMiller:
I think @ACE_00 should have his own bobblehead!!! :)

@Noelle44:
Phelps is greater than Lochte and Lochte has solidified this with his over-obsessive use of the hashtag #jeah.

@ConanOBrien:
Twitter is a nonstop series of pointless arguments by people I don't care about. It's like Thanksgiving.

metro

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SCENE 2

Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there and lived in Harlem for a year and a half.

Have either of you seen 1986 Kevin Bacon film Quicksilver before?

DR: I've had so many people come up to me and actually tell me about it.

JGL: Especially people who are into bikes, I've found. "Oh, so you're doing Quicksilver." It's like, I guess I've got to see this movie. S—, sorry. I still haven't seen it. I've been told about it a lot. I still haven't watched it.

DR: At this point I kind of don't even want to (laughs).

On the web

Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords

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Platinum Blonde frontman Mark Holmes poses for a portrait in Toronto last week. MICHELLE SIU/THE CANADIAN PRESS

‘Where are the rock stars?’

Music. Platinum Blonde frontman says band is back because world needs ‘vital’ musicians with swagger, wild ways

Platinum Blonde frontman Mark Holmes doesn’t have much time for false modesty.

He’s not shy about pointing out the multitude of modern bands he feels share DNA with his new-wave outfit, including Phoenix, the Yeah Yeah Yeahs and the Killers. He also isn’t afraid of boasting about the state of the newly reformed Platinum Blonde — back with a new album and live dates after a two-decade layoff — as not only still relevant, but in fact “vital.”

And as the band begins returning to stages across Canada, he’s certainly not going to apologize for summoning the same rock-star swagger that helped his Toronto band pack arenas in its ’80s heyday. Holmes, who owns Toronto’s trendy Mod Club, says that attitude is all too absent from most modern rock.

“A little while ago, I commented on a show I’d seen at the club, that the band looks like the audience and the audience looks like the band — checkered shirts, beards. I thought, really, no one’s getting bored of this yet?” Holmes said in a recent interview in the office of his club.

“I thought, where are the rock stars? We need some rock stars.... We’re rock stars. We’re not the people next door, or down the street, or off the block.

“We’re rock stars. The people coming to see us deserve to see something that is not part of their general life.”

On this day, Holmes certainly looks the part. Clad in a sleeveless hoodie, jeans and flip flops, his hair dark but strategically dishevelled with sunglasses fastened to his face even inside his darkened club, Holmes is friendly and serene as a team furiously prepares his venue for an evening concert.

Yet as he celebrates his group’s penchant for rock-star excess, he also says it was a major cause of their breakup. To hear Holmes tell it, during the band’s 1984-88 peak — when they piled up platinum trophies like empty hair-dye bottles thanks to hits including Crying Over You, Not in Love and Situation Critical — they also managed to amass a formidable group of enemies.

“When we went on a bit of a holiday ... the climate around the band wasn’t the most healthy one,” he said.

New lineup

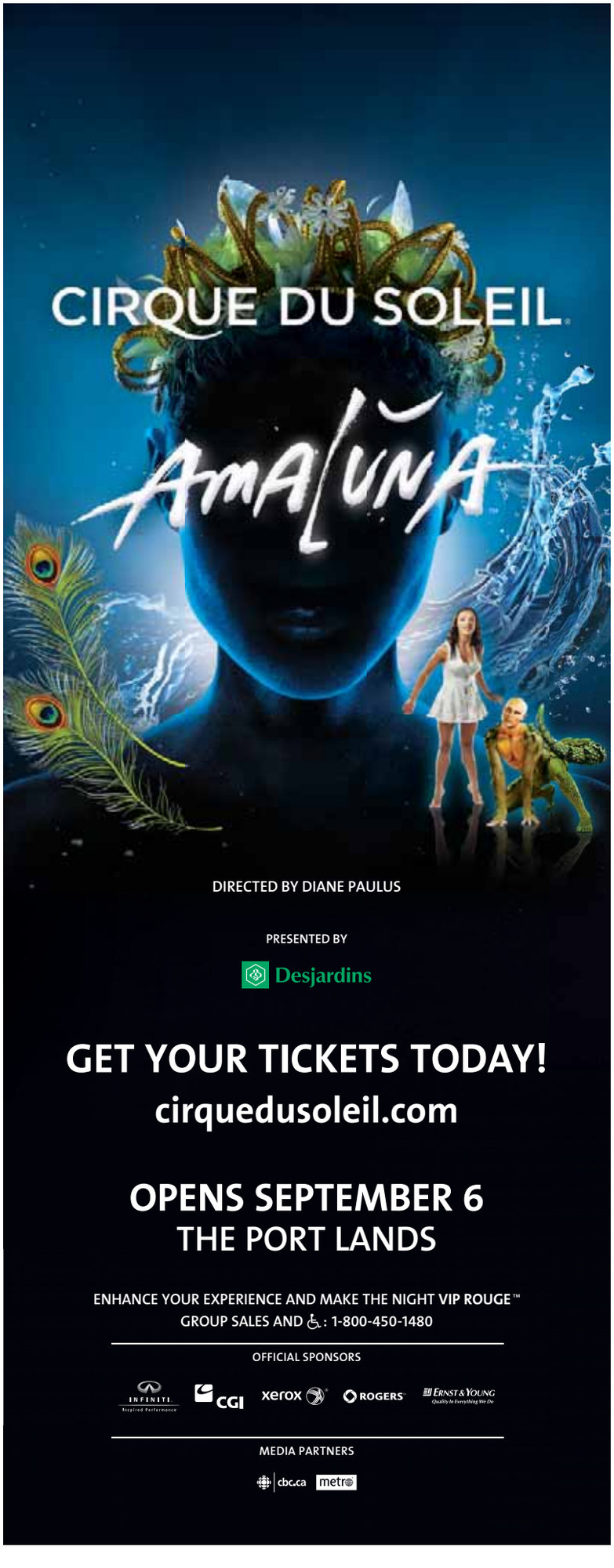
- The band’s new lineup only features two original members — frontman Mark Holmes with guitarist Sergio Galli — because former drummer Chris Steffler, who joined the group for a reunion gig in June, suffers from the chronic ear condition tinnitus and couldn’t continue playing live. Bassist Kenny MacLean died from a heart issue in 2008.

“The industry was fed up with our hijinks. The thing is, Canada sometimes, especially back then, wasn’t exactly accepting of people who actually were rock stars and did follow that mantra.

“We had a lot of enemies. People in the industry didn’t like us. They thought we were just spoiled brats... ‘They’re not brilliant. They don’t deserve what they have.’

“Time goes by and people get different opinions, of course,” he added. “I disliked disco when it was out and then after giving it a little listen, say, ‘Oh, it was kind of fun.”’

Platinum Blonde’s new album, Now & Never, drops Tuesday. THE CANADIAN PRESS



Jonas brother gets domesticated

New TV series. Kevin Jonas and his wife Danielle put their home life on display in Married to Jonas

Viewers who tune into Kevin Jonas' new reality show with his wife, Danielle, will see a different side of the 24-year-old singer.

On Married to Jonas, Kevin jokes about sex and squabbles with Danielle. The show, which premiered Sunday on E! (10 p.m. EDT), isn't about the Jonas brother who wore a purity ring and seemed too good to be true. This time, he seems more relatable.

Kevin says he viewed the show, produced by Ryan Seacrest Productions, as an opportunity to show the public that he and Danielle are a normal couple.

"Doing a show like this, you kind of have to take it in stride, and we looked at it as an opportunity to show who we are as a couple without them making that decision for us," he laughed during a recent interview.

Danielle, 25, jokes the one thing that viewers will be surprised to see about her husband is "how messy Kevin is."

And unlike Jessica Simpson and Nick Lachey and Jon and Kate Gosselin, Kevin and Danielle say filming the show didn't blow them apart but made their relationship stronger.

"We get to talk so much about things you might put aside and not want to bring up ... and we talk through things more instead of yelling," she said.

The show also follows Kevin and his brothers Nick and Joe as they go back to the studio as the Jonas Brothers. The Jonas Brothers announced Friday that after three years, they will return to the stage for a one-night performance at Radio City Music Hall on Oct. 11.

THE ASSOCIATED PRESS

Quoted

"We get to talk so much about things you might put aside and not want to bring up"

Kevin Jonas' wife Danielle on how Married to Jonas has been good for their relationship.

Kevin Jonas and his wife, Danielle. GETTY IMAGES

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Jean Claude Van Damme doesn't pull any punches

Expendables 2. The Muscles From Brussels talks about working with his heroes and making fight scenes seem more real

He's probably thrown just as many cinematic punches and triggered an equal number of onscreen shootouts and explosions as his counterparts, but there was a little bit of the fanboy in Jean Claude Van Damme when he talked about appearing in The Expendables 2 alongside some of Hollywood's greatest action heroes.

"They're my heroes from the past," Van Damme said in an interview Friday to promote the new action blockbuster.

"Even today, they're still my heroes. Rambo, Rocky, Terminator, Conan, Lone Wolf — I grew up with those movies."

The Expendables 2, which opened Friday in Canada, brings together many of the stars of the heyday of action pictures — Sylvester Stallone, Bruce Willis, Chuck Norris, Arnold Schwarzenegger, Dolph Lundgren, Jet Li and Jason Statham.

The plot revolves around the recovery of weapons-grade plutonium from bad guys led by Van Damme's character, appropriately named Vilain, although the story could easily be summed up in one of the commands from Stallone's character in the movie — "Track 'em, find 'em, kill 'em."

Bullets fly! Explosions explode! Testosterone flows like a river!

Van Damme, his famed Muscles From Brussels still clearly visible in a tight T-shirt at age 51, enjoyed playing the bad guy.

"It was cool, it was great," said the former kickboxing star. "I was able to amplify the acting."

He focused on Vilain's ruthlessness despite the comedic elements of the film because he knew he couldn't be a carbon copy of his co-stars. "I've got to stay a little different from the pack," he explained. "I have to fulfil more in the sense of being on the other side."

Van Damme had turned down an offer to be in the first The Expendables because he said he was tied up on another project and was leery about committing because Stallone hadn't finished the script.

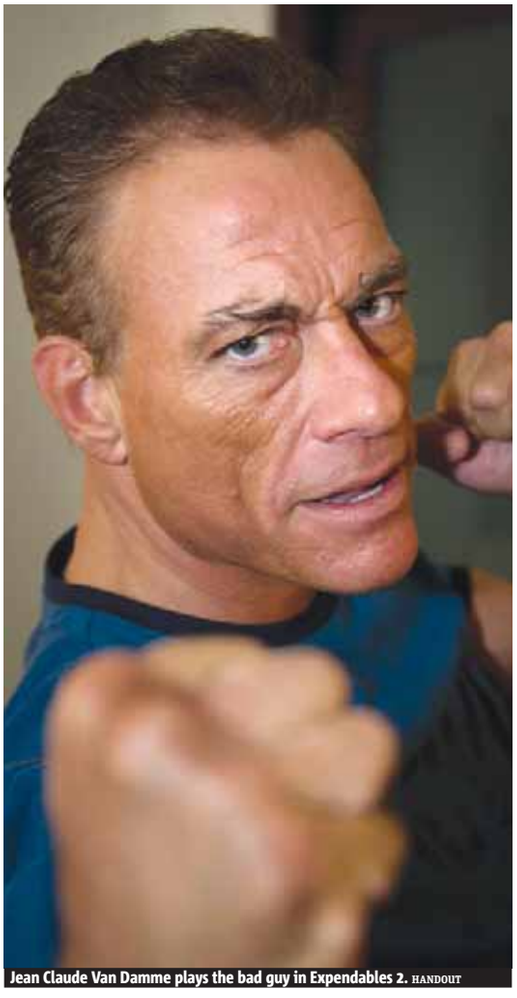
But Stallone won him over for the sequel.

He enjoyed working with Stallone, saying he was receptive to input.

"If you have a good idea with Stallone, he likes to listen. He's a cool guy."

While the movie has a lot of computer-generated effects, Van Damme said there were none when the punches were thrown.

"When you do a real move, a physical move, you can see your veins bulging and all that stuff." THE ASSOCIATED PRESS

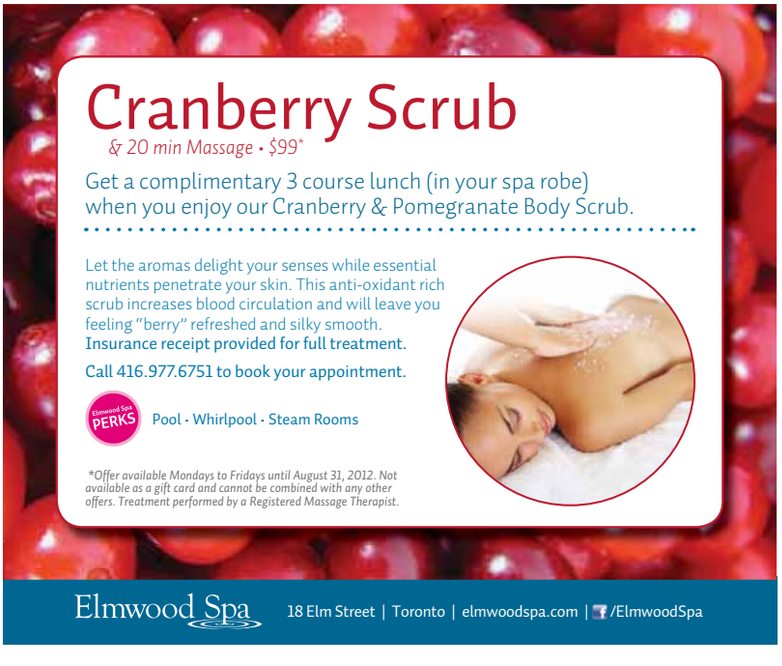


Jean Claude Van Damme plays the bad guy in Expendables 2. HANDOUT

Realism's cost

Older films like his own Bloodsport from 1986, Stallone's prizefighting Rocky series and even the old Tarzan movies had to flex some real muscle to achieve their punch, he said, and Van Damme suggested that added to the movie experience. But this kind of realism comes at a cost as they found out.

- **Real dangers.** Realism came with a price on The Expendables 2, which is dedicated to the memory of stuntman Kun Liu, who was killed during filming. His family is suing Millennium Films and the movie's stunt co-ordinator. Van Damme, who trains several times a week and eats lots of vegetables to stay in shape, acknowledged the risks taken by stunt people in films.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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Robert Downey Jr.

Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement. "Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in Wilmington, N.C., while performing a stunt," the statement reads. "There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production.

The Word

Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana
"I call it green caviar. It's like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control
"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools
"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now,"

On gay marriage and free speech
"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."

Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

Twitter

@ElizabethBanks
Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.

@SamuelLJackson
Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.

@twhiddleston
To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.

@sethmeyers21
"Based on a True Story" on a movie poster basically just means "has people in it."

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My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS
mommyish.com

How old is too old for a stroller? ISTOCK IMAGES

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks, fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tantrums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."
Author Lindsay Cross

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturational process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be, 'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

A good value system will lead to good decision-making. ISTOCK IMAGES

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." METRO NEW YORK

On the Web

Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:
- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

This recipe makes four servings. NEWS CANADA

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

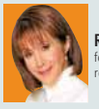
But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat
This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.

Equivalent
This is equivalent to 42 grilled medium shrimp in calories.

2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat
I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!

Turn nutritional powerhouse into a cheesy, crunchy snack

Ingredients

- 1 large bunch fresh kale
- 250 ml (1 cup) walnut pieces
- 125 ml (1/2 cup) shredded extra old cheddar cheese
- 30 ml (2 tbsp) Dijon mustard
- 75 ml (1/3 cup) water

A nutritious alternative, these scrumptious kale chips offer just the right amount of comfort and crunch.

The combination of nutrition-packed kale and anti-oxidant-rich walnuts, spiced up with mustard and aged cheddar cheese make this a great snack that is also good for you.

1. Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves thoroughly and set aside.

2. In a food processor, combine walnuts, cheddar, Dijon and water and pulse into a paste. Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. Remove large clumps from leaves or spread out on leaves. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying.)

3. On parchment-lined baking sheets, place a single layer of kale leaves a finger-width apart. Bake one sheet at a time on the centre oven rack for 15 to 20 minutes until crisp. (Do not let the chips brown as they will taste bitter.)

4. Chips will keep in air-tight container for up to one week.

THE CANADIAN PRESS

Makes 6 cups. THE CANADIAN PRESS

Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success.
Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters became available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

His advice?

"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."

Canadians were first introduced to Mary Brown's in Newfoundland in 1969.

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SPORTS 4

Rangers chase Alvarez en route to rout of Jays

MLB. Struggling Toronto offence held to six runs over weekend series against Texas

Henderson Alvarez pitched with a heavy heart Sunday.

The Toronto Blue Jays starter had been told of a death in the family in the morning and after an awful outing against Texas declined to speak to media.

It was small wonder. Texas defeated Toronto 11-2 after banging out 19 hits — 12 against Alvarez in 4 1/3 innings — to win the rubber match of a three-game series.

No Blue Jays mentioned Alvarez's pain after the game — catcher Yan Gomes said he "had absolutely no idea" — but Rangers starter Matt Harrison expressed sympathy for the opposing pitcher.

"I'll say a little prayer for his family and him tonight," said Harrison. "That's pretty tough. To have that on your mind when you go out and pitch, your focus is definitely not on pitching."

Michael Young hit a three-run homer and added a two-run double for Texas, while Harrison (14-7) held Toronto to two runs and two hits, including a solo homer by Mike McCoy.

The hit total and the eight runs allowed were both career highs for Alvarez (7-11), and, by the time McCoy homered in the fifth, the Rangers had broken the game open in the top of the fifth with five runs. David Murphy added his 11th homer of the season against Chad Jenkins in the ninth.

"The Rangers came out and swung the bats aggressively, especially on first-pitch fastballs," Blue Jays manager John Farrell said. "I didn't think he used his secondary stuff enough, particularly as they started to be aggressive early in the counts. There was still first-pitch fastball approach that they took advantage of."

After the game Gomes was returned to triple-A Las Vegas, likely to make room for catcher Yorvit Torrealba who completed his four-game stint with double-A New Hampshire on Sunday. THE CANADIAN PRESS

Offensive woes

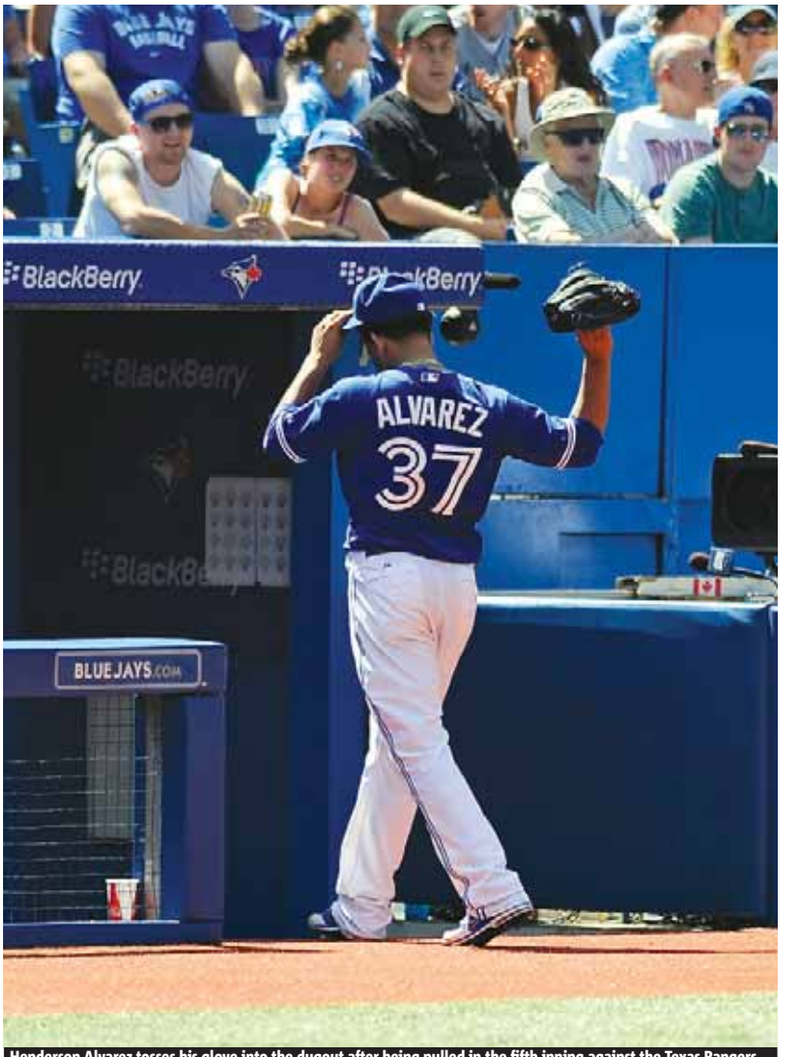
Bautista, Lawrie to take at-bats in the minors

The good news for the Blue Jays is that Jose Bautista and Brett Lawrie will be back in the lineup Monday. The bad news, however, is that they're back in the lineup of the Gulf Coast League Blue Jays.

The Jays managed just two hits and two runs in the finale with the Rangers, dropping to nine games below .500. In the 21 games the Jays have played since July 29, without Bautista and catcher J.P. Arencibia and with a hobbled Brett Lawrie and Adam Lind, they are 0-12 when they score two runs or less. It's the fact that they've scored two or less in 12 of 21.

In addition, the Jays since July 29 have scored a total of just 59 runs, an average of less than three per game, with 16 home runs and a .212 team batting average.

TORSTAR NEWS SERVICE



Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning against the Texas Rangers Sunday at Rogers Centre in Toronto. BRAD WHITE/GETTY IMAGES

Mobile sports

Things were supposed to look a lot different for the New York Jets' offence. Through two pre-season games, the Jets (0-2) have failed to score a touchdown and Tim Tebow has yet to be the spark that was expected. Is it too early to worry?. Scan the code for the story.

MLB. Cabrera associate tried fabricating defence against drug test: Report

An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday.

Baseball officials uncovered the scheme as Cabrera prepared his case to challenge the test. Cabrera's grievance then was dropped, and Major League Baseball announced a 50-game suspension Wednesday.

A team of six to seven investigators from MLB uncovered the plan, a baseball official familiar with the probe said Sunday. The person spoke on condition of anonymity because MLB didn't authorize anyone to discuss the matter publicly.

Cabrera tested positive for testosterone, MLB said.

THE ASSOCIATED PRESS

Melky Cabrera THE ASSOCIATED PRESS FILE

Baseball

Canada loses to Panama at little league tourney

James Gonzalez had two homers and six RBIs, including a grand slam, and Aguadulce, Panama, defeated the Hastings All-Stars from Vancouver 8-3 on Sunday to stay unbeaten at the Little League World Series.

"That was probably the best pitching team we've seen. They had good fastballs and good breaking balls," Canada manager Vito Bordignon said. "We had difficulty adjusting today."

THE ASSOCIATED PRESS

Soccer

Manchester City leaves it late vs. Southampton

Manchester City fought back after a second-half collapse against Southampton to open its title defence with a 3-2 victory against the Premier League newcomers on Sunday.

Chelsea had no such troubles overcoming Wigan in Sunday's other match.

New signing Eden Hazard set up Branislav Ivanovic's opener and won the penalty from which Frank Lampard converted to clinch a 2-0 victory.

THE ASSOCIATED PRESS

NASCAR

Biffle wins race after Johnson's engine troubles

Jimmie Johnson looked as if he had already finished the hardest work. After starting at the back of the pack, he had moved up quickly, and when he passed Brad Keselowski for the lead on lap 191 of 200, his No. 48 Chevrolet seemed to be the superior car.

Then Johnson's engine faltered with only six laps remaining at Michigan International Speedway. He lost the race — and the NASCAR Sprint Cup points lead — to Greg Biffle on Sunday. THE ASSOCIATED PRESS

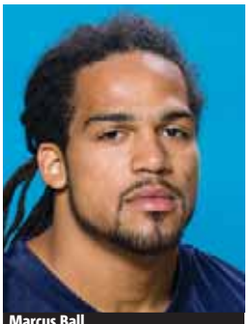
Hunger for Ball displayed in win over Stampeders

CFL. Argos linebacker made an impact in latest victory with eight official tackles

When Argos rookie linebacker Marcus Ball found out that he had only been credited with eight tackles against the Stampeders, there was a look of disappointment on his face.

"Oh man, I was trying to hit 10," Ball, 25, said in the jubilant Toronto dressing room at McMahon Stadium on Saturday after the Argos' 22-14 win.

He thought he had more stops and the former Memphis Tiger might be right. The official scorer could have missed a few tackles here and there although it's hard to miss Ball with his long jet black hair flowing down from underneath the back of his helmet.



Marcus Ball
ARGOS HANDOUT/TORSTAR NEWS SERVICE

It sure looked like he was in on just about every defensive play as he continually swarmed Calgary running back Jon Cornish throughout the game.

Ball, if you pardon the pun, was a ball-hungry demon along with his fellow linebackers, Brandon Isaac and Robert McCune, both former Stampeders.

"I thrive off getting around the ball. The coach focuses on that. Each and every person on the defence has to get to the ball," said the six-foot-one 191-pounder, who also sacked Calgary quarterback Kevin Glenn once. "That's where plays happen. The ball is the most important thing out there.

"That's my game. Get to the ball and make a play.

"We fly around for the ball. We cover for one another. If one person misses it, it doesn't matter because we've got other guys coming."

As the Argos ran their win streak to five straight games over the Stampeders since 2010, Ball and Isaac drew key undisciplined penalties from Cornish and Lewis, respectively, that took the sting out of a couple of big offensive plays by the Stamps.

TORSTAR NEWS SERVICE

Argos getting defensive

- Marcus Ball has 27 tackles — which ranks him ninth in the league — despite missing one game due to injury.
- Robert McCune had six tackles on Saturday and now has a total of 36 for the year, good for fourth in the CFL
- Brandon Isaac has racked up 18 tackles.
- Defensive co-ordinator Chris Jones' aggressive attack expects to be just as hungry next Monday when former Argo tailback Cory Boyd returns to Toronto for the first time since signing with the Edmonton Eskimos.

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Four Changes that can Drop Car Insurance Rates

Drivers should be aware of these changes that could lower their rates.

Car insurance is a bill that everyone would like to see reduced, and fortunately there are a number of ways to accomplish that. A few simple changes can save you a lot of money on your car insurance bill.

Changing your Deductible. The deductible can make a difference on car insurance premiums, but many people are afraid to carry a higher deductible because they don't want to have to pay in case of an accident. The truth is that carrying a higher deductible may save you a lot of money over time – more than enough to make up for having to pay it should such an accident occur.

A New Car. If you go from a vehicle that tends to have higher insurance rates such as a luxury car, sports car, or large SUV, to a smaller or more economical vehicle that has a lower risk level for the insurance company, you could see those rates go down. There are even some cars that come with discounts, such as those that are considered to be highly fuel-efficient or hybrids, or cars with the latest in anti-theft technology.

Shopping Around For a New Company. Changing to a new insurance company could be the change that brings your rates down the most, as each insurance company charges different rates to insure the exact same person. But unless you take the time to shop around regularly, you will never know how much you could save.

Tickets and Accidents Falling Off Your Record. If you've been paying for an at-fault accident or a ticket on your premiums, the day that it comes off will be a good day for your insurance premiums. Remember that while the charge will come off your driving record on the day it was officially recorded against you, it will likely come off your insurance bill on renewal.

Remember that the very best way to keep your insurance premiums low is to shop around for better rates. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

The difference between "oh no!" and "oh."

Why pay extra for the exact same thing? Our network of over 30 premier insurance companies on **InsuranceHotline.com** could mean the difference between paying a lot more than you anticipated on insurance, and paying a whole lot less.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	71	49	.592	—
Tampa Bay	67	54	.554	4½
Baltimore	66	55	.545	5½
Boston	59	62	.488	12½
Toronto	56	65	.463	15½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	65	55	.542	—
Detroit	64	57	.529	1½
Kansas City	54	66	.450	11
Cleveland	54	67	.446	11½
Minnesota	50	70	.417	15

WEST DIVISION

	W	L	Pct	GB
Texas	70	50	.583	—
Oakland	65	55	.542	5
Los Angeles	62	60	.508	9
Seattle	58	64	.475	13

Sunday's results
Baltimore 7, Detroit 5
Texas 11, Toronto 2
Kansas City 5, Chicago White Sox 2
Tampa Bay 8, L.A. Angels 3
Oakland 7, Cleveland 0
Seattle 5, Minnesota 1
Boston at N.Y. Yankees
Saturday's results
Texas 2, Toronto 1
Boston 4, N.Y. Yankees 1
Baltimore 3, Detroit 2
Kansas City 9, Chicago White Sox 4
Oakland 8, Cleveland 5
Tampa Bay 10, L.A. Angels 8
Seattle 3, Minnesota 2
Monday's games
Kansas City (W.Smith 4-4) at Tampa Bay (Hellickson 7-8), 7:10 p.m.
Baltimore (Mig.Gonzalez 5-2) at Texas (Dempster 1-1), 8:05 p.m.
N.Y. Yankees (F.Garcia 7-5) at Chicago White Sox (Floyd 9-9), 8:10 p.m.
Minnesota (Duensing 2-8) at Oakland (McCarthy 6-4), 10:05 p.m.
Cleveland (Jimenez 9-12) at Seattle (Millwood 4-10), 10:10 p.m.
Tuesday's games
Toronto at Detroit, 7:05 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
L.A. Angels at Boston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
N.Y. Yankees at Chicago White Sox, 8:10 p.m.
Minnesota at Oakland, 10:05 p.m.
Cleveland at Seattle, 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout LAA	98	396	95	136	.343
MiCabrera Det	120	473	81	157	.332
Revere Min	82	345	46	110	.319
Mauer Min	110	408	67	130	.319
Jeter NYY	118	504	72	160	.317
Ortiz Bos	89	320	65	101	.316
Konerko CWS	103	385	51	121	.314
Fielder Det	120	436	65	135	.310
AEscobar KC	116	444	50	137	.309
AJackson Det	98	386	76	119	.308

HOME RUNS - ADunn, Chicago, 35; Hamilton, Texas, 34; Granderson, New York, 32; MiCabrera, Detroit, 31; Encarnacion, Toronto, 31; Willingham, Minnesota, 31; Trumbo, Los Angeles, 29.
PITCHING - Price, Tampa Bay, 16-4; Weaver, Los Angeles, 15-3; Sale, Chicago, 14-4; MHarrison, Texas, 13-7; Vargas, Seattle, 13-8; Sabathia, New York, 12-3; Scherzer, Detroit, 12-6; Verlander, Detroit, 12-7; Darvish, Texas, 12-9; PHughes, New York, 12-10.
Not including yesterday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	75	46	.620	—
Atlanta	70	51	.579	5
New York	57	64	.471	18
Philadelphia	56	65	.463	19
Miami	55	67	.451	20½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	74	48	.607	—
Pittsburgh	67	54	.554	6½
St. Louis	65	56	.537	8½
Milwaukee	54	66	.450	19
Chicago	47	73	.392	26
Houston	39	83	.320	35

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	55	.549	—
San Francisco	66	55	.545	½
Arizona	62	59	.512	4½
San Diego	53	70	.431	14½
Colorado	46	73	.387	19½

Sunday's results
Cincinnati 5, Chicago Cubs 4
L.A. Dodgers 5, Atlanta 0
Washington 5, N.Y. Mets 2
Arizona 8, Houston 1
Philadelphia 8, Milwaukee 0
Pittsburgh 6, St. Louis 3, 19 innings
Colorado 3, Miami 2
San Diego 7, San Francisco 1
Saturday's results
Cincinnati 5, Chicago Cubs 3, 1st game
St. Louis 5, Pittsburgh 4
Arizona 12, Houston 4
N.Y. Mets 2, Washington 0
Chicago Cubs 9, Cincinnati 7, 2nd game
L.A. Dodgers 6, Atlanta 2
Philadelphia 4, Milwaukee 3
Miami 6, Colorado 5
San Francisco 8, San Diego 7
Monday's games
Atlanta (T.Hudson 12-4) at Washington (Zimmermann 9-7), 7:05 p.m.
Cincinnati (Leake 5-7) at Philadelphia (Halladay 6-7), 7:05 p.m.
Colorado (White 2-6) at N.Y. Mets (Dickey 15-4), 7:10 p.m.
Chicago Cubs (Germano 2-2) at Milwaukee (M.Rogers 0-1), 8:10 p.m.
Miami (Buehrle 10-11) at Arizona (J.Saunders 6-9), 9:40 p.m.
Pittsburgh (W.Rodriguez 7-12) at San Diego (Volquez 7-9), 10:05 p.m.
San Francisco (Bumgarner 13-7) at L.A. Dodgers (Kershaw 11-6), 10:10 p.m.
Tuesday's games
Atlanta at Washington, 7:05 p.m.
Cincinnati at Philadelphia, 7:05 p.m.
Colorado at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Milwaukee, 8:10 p.m.
Houston at St. Louis, 8:15 p.m.
Miami at Arizona, 9:40 p.m.
Pittsburgh at San Diego, 10:05 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
McCutchen Pit	116	433	85	154	.356
MeCabrera SF	113	459	84	159	.346
Posey SF	109	387	55	129	.333
CGonzalez Col	108	428	78	137	.320
DWright NYM	116	429	73	137	.319
YMolina StL	102	379	47	120	.317
Altuve Hou	112	448	68	137	.306
Holliday StL	117	448	75	137	.306
Braun Mil	111	429	78	131	.305
Freese StL	110	397	56	119	.300

HOME RUNS - Braun, Milwaukee, 33; Beltran, St. Louis, 28; Bruce, Cincinnati, 25; Kubel, Arizona, 25; Ludwick, Cincinnati, 25; McCutchen, Pittsburgh, 24; Stanton, Miami, 24.
PITCHING - Cueto, Cincinnati, 16-6; AJBurnett, Pittsburgh, 15-4; Dickey, New York, 15-4; GGonzalez, Washington, 15-6; Strasburg, Washington, 14-5; Hamels, Philadelphia, 14-6; Lynn, St. Louis, 13-5; Bumgarner, San Francisco, 13-7; Miley, Arizona, 13-8.
Not included including yesterday's games

RANGERS 11, BLUE JAYS 2

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
Kinsler 2b	5	0	1	0	RDavis lf	3	0	0	0
Andrus ss	6	1	4	0	Gose ph	1	0	0	0
Hamltn cf	4	2	1	1	Rasms cf	4	0	0	0
Gentry ph-cf	2	0	0	0	Encrnc 1b	4	0	0	0
Beltre dh	4	1	0	0	YEscor ss	3	1	1	0
N.Cruz rf	3	2	2	1	Sierra rf	2	0	0	0
LMartn ph-lf	0	0	0	0	Mathis dh	2	0	0	0
MiYong 3b	5	2	3	5	McCoy 3b	3	1	1	2
Olt 3b	0	0	0	0	YGoms c	3	0	0	0
DvMrp lf-rf	4	2	3	2	Hchvrr 2b	3	0	0	0
Soto c	5	1	3	1					
Morlnd 1b	5	0	2	1					
Totals	**43**	**11**	**19**	**11**	**Totals**	**28**	**2**	**2**	**2**

Texas	002	152	001	**11**
Toronto	010	010	000	**2**

DP—Toronto 2. LOB—Texas 10, Toronto 1. 2B—Kinsler (33), Hamilton (22), N.Cruz (31), Mi.Young (19), Dav.Murphy 2 (23), Moreland (12). HR—Mi.Young (4), Dav.Murphy (11), McCoy (1). S—Mathis.

	IP	H	R	ER	BB	SO
Texas						
M.Harrison W,14-7	8	2	2	2	1	7
M.Lowe	1	0	0	0	0	0
Toronto						
H.Alvarez L,7-11	4 1-3	12	8	8	3	3
Lincoln	1 2-3	4	2	2	0	1
Delabar	1	1	0	0	0	2
Lyon	1	0	0	0	1	0
Jenkins	1	2	1	1	1	0

Umpires—Home, Bill Welke; First, Angel Campos; Second, Tim Tschida; Third, Jeff Nelson. T—2:34. A—35,701 (49,260).

SATURDAY

RANGERS 2, BLUE JAYS 1

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
Kinsler 2b	4	0	0	0	RDavis lf	5	0	1	0
MiYong ss	3	0	0	0	Rasms cf	5	0	0	0
Andrus ss	0	0	0	0	Encrnc dh	2	0	0	0
Hamltn lf	4	0	0	0	Cooper 1b	4	0	1	0
Beltre 3b	4	1	2	0	YEscor ss	4	0	1	0
N.Cruz dh	3	1	1	2	McCoy 3b	0	0	0	0
DvMrp rf	3	0	0	0	KJhnsn 2b	3	0	0	0
Morlnd 1b	3	0	2	0	Mathis c	4	0	1	0
Gentry cf	3	0	0	0	Gose rf	3	1	1	0
LMrtnz c	2	0	0	0	Hchvrr 3b-ss	3	0	2	1
LMartn ph	1	0	0	0					
Soto c	0	0	0	0					
Totals	**30**	**2**	**5**	**2**	**Totals**	**33**	**1**	**7**	**1**

Texas	000	020	000	**2**
Toronto	001	000	000	**1**

E—Jenkins (1). LOB—Texas 2, Toronto 10. 2B—Beltre (23), Hechavarria (2). HR—N.Cruz (19). SB—R.Davis (38), Gose (10). CS—Dav.Murphy (3), Gentry (6). S—Hechavarria.

	IP	H	R	ER	BB	SO
Texas						
Oswalt	4 2-3	2	1	1	2	5
R.Ross	1 1-3	3	0	0	0	3
Scheppers H,3	1-3	2	0	0	1	0
Kirkman W,1-2 H,2	2-3	0	0	0	0	0
Mi.Adams H,22	1	0	0	0	0	0
Nathan S,24-25	1	0	0	0	0	2
Toronto						
Villanueva L,6-3	6 1-3	4	2	2	1	4
Loup	2-3	1	0	0	0	0
Jenkins	1 1-3	0	0	0	0	1
Oliver	2-3	0	0	0	0	0

Loup pitched to 1 batter in the 8th.
HBP—by Oswalt (Encarnacion). PB—Mathis.
Balk—Oswalt 2.
Umpires—Home, Jeff Nelson; First, Bill Welke; Second, Angel Campos; Third, Tim Tschida.
T—2:47. A—30,033 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	12	7	5	40	34	41
New York	24	12	7	5	40	34	41
Chicago	24	12	7	5	30	26	41
Houston	24	11	6	7	35	27	40
D.C. United	23	11	8	4	37	30	37
Montreal	27	11	13	3	39	44	36
Columbus	21	8	8	5	21	22	29
Philadelphia	22	7	12	3	24	28	24
New England	24	6	13	5	27	31	23
Toronto	24	5	14	5	27	43	20

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	25	14	6	5	48	32	47
Real Salt Lake	26	13	10	3	37	32	42
Seattle	24	11	6	7	34	24	40
Los Angeles	26	11	11	4	44	40	37
Vancouver	26	10	9	7	28	33	37
Dallas	27	8	11	8	33	35	32
Chivas USA	22	7	9	6	15	26	27
Colorado	25	8	15	2	32	36	26
Portland	23	5	12	6	22	39	21

Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 1 D.C. United 1
Portland at New York
Columbus at Houston
Saturday's results
Seattle 2 Vancouver 0
Kansas City 1 Toronto 0
Montreal 3 San Jose 1
Chicago 2 New England 1s
Dallas 2 Real Salt Lake 1
Chivas USA 1 Colorado 1
Wednesday, Aug. 22
Chicago at D.C. United, 7:30 p.m.
Toronto at Columbus, 7:30 p.m. (rescheduled from Aug. 18 due to Columbus player funeral)
Friday, Aug. 24
Real Salt Lake at Philadelphia, 7:30 p.m.
Saturday, Aug. 25
D.C. United at Montreal, 4 p.m.
New England at Columbus, 7:30 p.m.
Toronto at Houston, 8:30 p.m.
Seattle at Chivas USA, 10:30 p.m.
Vancouver at Portland, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.
Sunday, Aug. 26
Dallas at Los Angeles, 7 p.m.
New York at Kansas City, 9 p.m.

FOOTBALL

NFL PRE-SEASON

Sunday's result
Indianapolis at Pittsburgh
Saturday's results
N.Y. Giants 26, N.Y. Jets 3
Houston 20, San Francisco 9
St. Louis 31, Kansas City 17
Chicago 33, Washington 31
San Diego 28, Dallas 20
Seattle 30, Denver 10
Friday's results
Tennessee 30, Tampa Bay 7
Minnesota 36, Buffalo 14
Jacksonville 27, New Orleans 24
Detroit 27, Baltimore 12
Carolina 23, Miami 17
Arizona 31, Oakland 27
Monday's game
Philadelphia at New England, 8 p.m.
Thursday, Aug. 23
Green Bay at Cincinnati, 7 p.m.
Jacksonville at Baltimore, 7:30 p.m.
Arizona at Tennessee, 8 p.m.

TENNIS

ATP-WTA

WESTERN & SOUTHERN OPEN
At Mason, Ohio
Sunday's results
MEN
Singles
Championship
Roger Federer (1), Switzerland, def. Novak Djokovic (2), Serbia, 6-0, 7-6 (7).
Doubles
Championship
Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, def. Mahesh Bhupathi and Rohan Bopanna (6), India, 6-4, 6-4.
WOMEN
Singles
Championship
Li Na (9), China, def. Angelique Kerber (5), Germany, 1-6, 6-3, 6-1.
Doubles
Championship
Andrea Hlavackova and Lucie Hradecka (5), Czech Rep., def. Katarina Srebotnik, Slovenia, and Zheng Jie (8), China, 6-1, 6-3.
Saturday's results
MEN
Singles
Semifinals
Roger Federer (1), Switzerland, def. Stanislas Wawrinka, Switzerland, 7-6 (4), 6-3.
Novak Djokovic (2), Serbia, def. Juan Martin del Potro (6), Argentina, 6-3, 6-2.
Doubles
Semifinals
Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, def. Bob and Mike Bryan (2), U.S., 7-5, 6-7 (5), 10-2 tiebreak.
Mahesh Bhupathi and Rohan Bopanna (6), India, def. Ivan Dodig, Croatia, and Marcelo Melo, Brazil, 6-4, 6-3.
WOMEN
Singles
Semifinals
Angelique Kerber (5), Germany, def. Petra Kvitova (4), Czech Rep., 6-1, 2-6, 6-4.
Li Na (9), China, def. Venus Williams, U.S., 7-5, 3-6, 6-1
Doubles
Semifinals
Katarina Srebotnik, Slovenia, and Zheng Jie (8), China, def. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (6), Spain, 6-4, 6-3.

CFL

WEEK 8

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	7	3	3	0	202	213	8
Toronto	7	4	3	0	160	165	8
Hamilton	7	3	4	0	207	230	6
Winnipeg	7	2	5	0	159	224	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	7	4	3	0	164	137	8
B.C.	6	4	2	0	158	119	8
Calgary	7	3	4	0	200	196	6
Saskatchewan	6	3	3	0	175	141	6

Sunday's result
Saskatchewan at B.C.
Saturday's result
Toronto 22 Calgary 14
Friday's result
Montreal 38 Edmonton 25
Thursday's result
Winnipeg 32 Hamilton 25

GOLF

PGA-WYNDHAM CHAMPIONSHIP
At Greensboro, N.C.
Par 70
Final round
(note—play suspended due to rain with 38 golfers left to finish; round to finish Monday at 9 a.m. ET):

Chris Kirk	66-69-69-67—271
Rod Pampling	68-66-70-68—272
Charles Howell III	67-69-71-66—273
Nick Watney	66-69-70-68—273
Josh Teater	67-71-69-67—274
Ryan Moore	71-68-68-67—274
Y.E. Yang	67-69-69-69—274
Jeff Overton	69-69-67-69—274
Russell Knox	68-68-69-69—274
Kyle Reifers	67-72-66-69—274
Kevin Kisner	68-71-70-66—275
Kevin Stadler	73-65-68-69—275
Nick O'Hern	68-71-67-69—275
Jerry Kelly	72-67-69-68—276
Jamie Donaldson	68-66-71-71—276
Alexandre Rocha	68-68-69-71—276
David Mathis	63-71-73-70—277
Derek Lamely	69-68-70-70—277
Jonas Blixt	72-67-67-71—277
Charlie Wi	72-67-70-69—278
Chez Reavie	67-69-71-71—278
Ryuji Imada	67-70-70-71—278
Scott Dunlap	70-69-67-72—278
Blake Adams	67-71-67-73—278
Troy Kelly	71-68-69-71—279
Billy Mayfair	69-70-74-67—280
Jeff Maggert	68-71-74-68—281
Tom Pernice, Jr.	70-68-74-70—282
Arjun Atwal	66-69-75-72—282
Brendan Steele	72-65-71-74—282
Cameron Beckman	73-66-69-74—282
Camilo Villegas	72-67-70-74—283
Ben Kohles	72-67-70-74—283
Stuart Appleby	67-71-69-76—283
Jason Kokrak	66-69-77-73—285
Chris Stroud	68-70-72-75—285
Paul Casey	68-70-77-75—290

Leaderboard

	SCORE—THRU
1. Sergio Garcia	-15—4
2. Tim Clark	-14—5
2. Jason Dufner	-14—5
2. Bud Cauley	-14—4
5. Chad Campbell	-12—9
5. Bill Haas	-12—9
5. Jimmy Walker	-12—8
5. Harris English	-12—6
9. John Merrick	-11—13
9. Heath Slocum	-11—13
9. Nicolas Colsaerts	-11—12
9. Scott Stallings	-11—12
9. Will Claxton	-11—8
9. Justin Leonard	-11—8
9. Matt Every	-11—7
9. Davis Love III	-11—7

WEB.COM MIDWEST CLASSIC
At Overland Park, Kan.
Par: 71
Final Round

Shawn Stefani, $99,000	68-68-67-64—267
Luke List, $48,400	70-68-64-67—269
Russell Henley, $48,400	68-66-67-68—269
Tag Ridings, $24,200	68-68-66-68—270
Matt Weibring, $24,200	65-69-65-71—270
Luke Guthrie, $19,113	69-67-70-65—271
Ben Martin, $19,113	69-68-65-69—271
Robert Streb, $15,950	68-69-70-65—272
Jason Schultz, $15,950	68-67-68-69—272
Jason Gore, $15,950	65-70-68-69—272
Guy Boros, $11,275	71-69-65-68—273
Duffy Waldorf, $11,275	70-65-69-69—273
Scott Gardiner, $11,275	70-68-65-70—273
Christopher DeForest, $11,275	66-67-68-72—273
Jamie Lovemark, $11,275	72-66-63-72—273
James Nitties, $11,275	68-66-66-73—273
David Skinns, $8,250	68-69-69-68—274
Derek Fathauer, $8,250	67-71-67-69—274

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Federer finely tuned ahead of U.S. Open

Roger Federer hits a backhanded shot against Novak Djokovic during the men's final at the Western & Southern Open tennis tournament on Sunday in Mason, Ohio. Federer won 6-0, 7-6 (9-7). AL BEHRMAN/THE ASSOCIATED PRESS

Tennis. Top-ranked player again trumps Djokovic to capture title in Cincinnati and upper hand in rivalry

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer.

The world's top-ranked player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented way at the start of a 6-0, 7-6 (9-7) win for the Western & Southern Open championship.

The 31-year-old Swiss has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rogers Cup in Toronto last week, giving himself some time to recover from the Olympics in London.

He's also regained the upper hand against one of the players who stands in his way.

Djokovic had put together a run of three straight wins over Federer in tournament semifinals, starting with the U.S. Open last year. Federer turned it around by beating the Serb in the semis at Wimbledon last month.

They got together in a finals match for the seventh time in their careers Sunday. They'd split the previous six, with Federer winning the only Grand Slam championship match — the U.S. Open in 2007.

Quickly, the latest one became a bit of personal history. Federer won the first set in only 20 minutes, allowing Djokovic just 10 points. It was the first time in their 28 career matches that one of them took a set 6-0.

Both players seemed a bit stunned.

"I was hoping for a good start, but not like that," Federer said. THE ASSOCIATED PRESS

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1. Li recently lost to Petra Kvitova in the Rogers Cup final but kept up her strong play for her first tournament victory of the season.

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Horoscopes

♈ Aries
March 21 - April 20
There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

♉ Taurus
April 21 - May 21
The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

♊ Gemini
May 22 - June 21
You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

♋ Cancer
June 22 - July 23
If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

♌ Leo
July 24 - Aug. 23
The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

♍ Virgo
Aug. 24 - Sept. 23
Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

♎ Libra
Sept. 24 - Oct. 23
You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

♐ Sagittarius
Nov. 23 - Dec. 21
What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board – and very much in your favour.

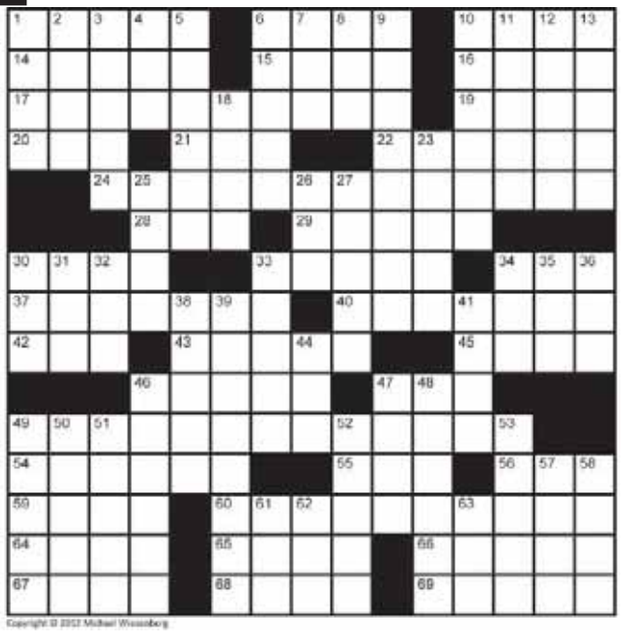
♑ Capricorn
Dec. 22 - Jan. 20
Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

♓ Pisces
Feb. 20 - March 20
Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. SALLY BROMPTON

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG



Across
1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___: appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "... ___ evil, speak ..." (2 wds.)
47. Green machine
49. Largest tributary of BC's Fraser (2 wds.)
54. Actress Bernhardt and singer Vaughan
55. Personals
56. Consume
59. Extra: abbr.
60. YT capital
64. Cinema spool
65. Rabbit
66. Worth something (2 wds.)
67. Georgia and Belarus, once: initialism
68. Versified tributes
69. Needs

Down
1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Asserts
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading
31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law & ___
52. Amounts charged
53. TV's summer fare
57. 47-Down: abbr.
58. Casual shirts
61. Owned
62. Displeasure
63. Birds ___ feather (2 wds.)

Friday's crossword

What's online

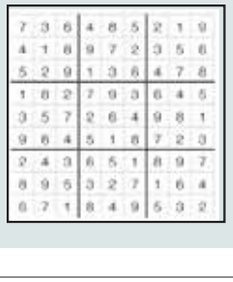
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1					9	2	5	
	4			2		9	7	
2			4					3
				5			3	9
		9				8		
5	6			3				
8					4			6
	7	6		9			1	
	2	3	5					7

Friday's Sudoku



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